

Resilience
Empathy
Self-Awareness
Positivity
Excellence
Communication
Teamwork



Delaval Gardens
New Delaval
Blyth
Northumberland
NE24 4DA

Head Teacher: Mr P Struthers BA (Hons)
Telephone: 01670 353255
Email: school_admin@newdelavalprimary.co.uk
Website: www.newdelaval.northumberland.sch.uk

24th February 2026

Dear Parents/Carers

Wobbly Mornings!

It is my absolute pleasure to tell you that I have managed to secure a **Wobbly Mornings Parent Workshop** run by Michelle from the Northumberland County Council Education Team.

We – the staff - regularly hear very similar issues and concerns from you – our parents – around getting children motivated and ready and into school on time in the mornings. We listened. We researched. We found something to help: Michelle's **Wobbly Morning Workshop!**

- Date: **Tuesday 17th March**
- Time: **Hall doors open 8:35am. Sessions starts 8:50am**
- Length: **45 minutes**
- **Free Tea, coffee and biscuits**
- Location: **School Hall**

The workshop will cover :

Bedtime routines, morning routines, distraction techniques, grounding techniques, what helps kids sleep better, gadgets, lessons missed, self-esteem, attachment and more..

Michelle will be available afterwards if you have any questions or if you would like to discuss any issues you are currently having.

Please complete the tear-off slip below to let us know if you intend to come along (so that we can have enough chairs, tea, coffee and biscuits prepared!).

Yours sincerely

Mr P Struthers
Headteacher

Wobbly Mornings Workshop – Tuesday 17th March

I would like to attend the Wobbly Mornings Workshop

I will require seats

Name Child's name Class

Please return to school by Friday 13th March

